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"Effect of Selected Exercises in yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years"

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Abstract

Yoga is treated as one of the most vital valuables vital and valuable heritage of India. Today most f the people looking towards the yoga for their health problems. Many studies prove that practicing f yoga exercise will improves the components of physical and motor fitness. Purpose of the present study was to find out the effects of selected yogic exercises on motor fitness and football skill of boys. To achieve the purpose of the present study 100 football players were randomly selected from secondary schools . The age of the subjects was ranged between 14 to 16 years . The selected were divided into two: one is experimental group 50 and another one control group 50. Find out the motor fitness performance . Speed ,Co-ordination flexibility and agility were selected . The pre test and post test data was collected for the analysis of the data . For the results shows that selected yoga exercises had positive effect on selected motor fitness and football skills .

Introduction

Modern life has removed man from natures beings and rhythmic influence. The internal rhythms the inherent clock –work—like nature of the nervous and endocrine systems.

At the beginning of the twentieth century hardly a small percentage of the population were doing activity and exercises for the developments of functional fitness . It is important to any physically cardio-respiratory fitness muscular strength and endurance flexibility and so on that could place rt risk of body harm.

We can now summarize the benefits of yoga as follows:

1. Yoga develops strong will power.
2. Yoga teaches how to develop latent powers both mental and physical.
3. Yoga expands the intellect , develops spiritual and self control establishes one in serenity peace and happiness.
4. Yoga promotes long life happiness and unity.

Yoga is a systematic discipline originated in India, for self realization. As per Indian tradition Yoga especially hatayoga comprises of different yogic exercises viz., asana (body posture), pranayam (controlled regulation of breath), and bandhan (physiological locks or holds of the semi voluntary muscles). Such conditions of high activation level and psychomotor coordination and emotional stability such condition of high activation level and psycho physiological imbalance along with emotional instability seems t increase to various disorganization of motor responses and tremors.

Sports

Before applying for membership potential applicants are encouraged to check that their activity falls under sports Accord's definition of sports. The sports Accord Council has developed a definition of "sport" to help them determine whether an applicant federation qualities as international sports federation.

For the purpose of this study significance and justification are as follows.

1. I t would provide an easy viable solution to the football community to achieve functional fitness in the which would be able to evaluate or ass's difference in their daily activity.
2. The football players could be more energetic and his would catalyze changes in their life style
3. Mental peace and psychological relaxation will be achieved .
4. Through this research project , the football playing generation at large would experience a happy playing hours with full energy.

Statement of the problem:

"Effect of Selected Exercises in yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years"

Hypothesis

On the basis of the literature available s far , it is hypothesis that:

H1: There would e significant difference in improving functional fitness, selected yogic exercises module.

H2: There would be significant difference in improving football skill though yogic exercises module.

Objective:

The present study aims to evaluate the impact of yogic exercises modules on motor fitness and playing skills of football players in vijayapur with purpose.

1. To evaluate the playing ability of football players with respect to the daily activities with set of yogic exercises .
2. To design yogic exercises modules for improving motor fitness.

Significance of the study

The study would be helpful academicians, physical education teachers coaches and trainers the performance of the subjects expected as limitation. The study is limited to vijayapur.

Delimitations:

1. The study will be delimited to the football players only.
2. The study will be delimited boys football players.
3. The study is delimited to the age group of 14 to 16 years.
4. The study will be taken only for secondary school football players.
5. The study will be delimited to 100 football players.
6. The study will be delimited to yoga , motor abilities.

Limitation

1.The study is limited to vijayapur

Review of literature

Coutts A J,AugheyRJ,(2012) This study was undertaken a study how international field hockey players perform more high speed running than national- level counterparts. This study was compared the activity profile of national and international male field hockey athletes this was sixteen players (mean(+_ SD)age stature ,and body mass:22+_4y,178+_8cm, and 78+_9kg, respectively)competing in the national- level Australian hockey league (AHL) And 16 players [mean)=SD)age, stature and body :27+_4y 179=5cm and respectively] competing in the international trophy (CT) tournament participated in this study . Global positioning systems assessed total distance (TD) Meters Per Minutes (M'Min(_1)), AND High – Speed Running Distance (HSR:>4.17M.S(-1). Difference in multistage fitness test performance movement between competition . Positions and hovels were assessed using effects size and percent difference=90 confidence intervals. The CT Players Had a 10.1 Greater Multistage Fitness Test 13.9 And 42.0 more TD And HSR respectively Than AHL . CT strikers performed 10.1+_ 7.4% less HSR than Midfielders And 26.6+_8.2% more HSR Than Defenders. The AHL Defenders Covered Less TD and HSR distance compared with strikers and midfielders (8.1+_3.6%; and 8.4+_2.6%;36.1 +_11.1% and 51.5+_12.2% respectively). The AHL stickers, midfielders and defenders (19.9+_8.8% 32.1+_7.9% and 30.3+_ 10.7% respectively all performed less HR instance than their CT counterparts. Finally TD decreased from the first to second havels cross all positions (6.1-7.5%) both competitions. International competition increase the running profile of hockey with greater HSR at the elite level and positional difference including decreased running during the second half both competitions.

METHODOLOGY

The methodology adapted for the present study **"Effect of Selected Exercises in yoga on Motor Fitness and Football Skills of Boys Ages 14 to 16 Years"**

Selection of subjects, experimental design selection of variables selection of tests experimental design collection of data and statistical procedure have been explained in this chapter

SELECTION OF SUBJECTS:

The purpose of the study was to find out the "Effect of Asana on motor fitness government school students age of the subjects ranged from 14 to 16 years s boys . The investigator has been briefed about the purpose nature studying n vijayapur district .

Selection of the Variables

Yoga

- Suryanamaskara

STANDING ASANA

- Vrukashasana,
- Ardakati chakarsana

SITTING ASANA

- Vajrasana
- Simhasana

SUPINE ASANA

- Pavana muktasana
- Noukasana

PROLINE ASANA

- Dhanurasan
- Bhujangasana

DEPENDENT VARIABLIES

MOTOR VARIABLES

1.Speed
2.Agility
3. Flexibility
4. Co-ordination

Definition of terms

Motor Fitness

Motor fitness refers t the ability of an athletes to perform successfully at their sports .

The components of motor fitness which enable a person to person form successfully at a particular skill, game or activity specific motor fitness components include agility co-ordination speed and flexibility. Motor fitness is sometimes referred to as skill- related fitness.

Speed

In kinematics speed of an objects is the magnitude of its velocity (the rate of change of its position) it is thus quantity . The average speed of an object in interval of time is the distance travelled by object divided by the duration of the interval the instantaneous speed is the limit of the average speed as to the duration of the time interval approaches zero.

Flexibility

According to the football (1989) flexibility can be defined as the capacity of joint to movefreely through a full range of motion without undue strain.

Agility

According to Philips and Hornak (1979)the agility is the ability to change directions rapidly and accurately . It depends essentially n strength . speed f reaction and movement and big muscle co-ordination.

Co- ordination

Latin co- ordination from arrangement from ordinaries to arrange more at ordain is the act of co-coordinating making different people o thing work together for gal or effect.

Definition of terms

Football

It is a game played by two teams of eleven players using an oval ball. Players carry the ball in their hands or throw it to each other as they try to score goals that are called touchdowns.

It is game played by two teams of eleven players using a round ball. Players kick the ball to each other and try to score goals kicking the ball into a large net.

Table-I

S. No	Control Group	Experimental Group	Total
01	50	50	100

Table-II

S. No	Particular	Tools
1	Speed	50 mtr dash
2	Co- ordination	four count jumping jack
3	Flexibility	sit and reach
4	Agility	shuttle run

Statistical Tools

1. To know the nature of correlation between independent and dependent variables of football players Pearson product correlation formula will be used.

2. To assess the impact sport training on motor variables of football players' stiff's-post-hoc test will be used.
3. However the content and methodology mentioned above is subjects to modification and changes according the relevance and convenience of the data and the research.

Reference.

1. Anjali Joglekar (1999)" A Study of the effect of Yogic Exercises for the promotion of Physical fitness and Badminton skill of College Girls of Age between 18 to20 Years" masters dissertation in physical education BPCA'S college f Physical Education,University of Mumbai.pp.1-138.